

MY HEALTH.★☆☆

IT'S LIVING MY LIFE

VA cares about your health

Filling **my** prescriptions.

Tracking **my** blood pressure.

Controlling **my** blood sugar.

Monitoring **my** heart rate.

Recording **my** immunizations.

Watching **my** cholesterol.

Keeping track of **my** vitamins.

Watching **my** diet.

Tracking **my** exercise and activities.

Recording **my** military health history.

Graphing **my** health readings.

Recording **my** family's medical history.

Recording **my** past medical history.



myhealth.va.gov



Department of Veterans Affairs
Veterans Health Administration
Office of Information